



# Stress and Coping



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## **COPING WITH STRESS**

- Take care of your mental health. Get help in a crisis.
- Take care of yourself and your community.
- Talk to someone who is uplifting and positive.
- Take care of your emotional health.
- Take breaks from watching, reading or listening to news stories, including those on social media.
- Take care of your body- Take deep breaths, stretch, meditate, Eat healthy, sleep.
- Avoid excessive use of alcohol.
- Unwind and do something you enjoy.





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## RESOURCES THAT WORK

- Call 911.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- The Eldercare Locator: 1-800-677-1116
- Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255





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## RESOURCES THAT WORK

Find a health care provider or treatment for substance use disorder and mental health:

- SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Treatment Services Locator Website:  
<https://findtreatment.samhsa.gov>





The background of the slide features a close-up of a person's face, specifically their eyes and a white surgical mask. A semi-transparent teal overlay covers the entire image. Scattered across this overlay are several stylized, glowing blue and white virus-like particles, some with distinct surface proteins. Two thin, horizontal grey lines are positioned above and below the main text.

# Additional Resources



# COVID-19 Toolkits

## COVID-19 ONE-STOP RESOURCE SHOP- CDC

- [Toolkit for General Public](#)
- [Toolkit for Businesses & Workplaces](#)
- [Toolkit for Worker Safety & Support](#)
- [Toolkit for Community & Faith-Based Organizations](#)
- [Toolkit for Parks & Recreational Facilities](#)
- [Toolkit for Domestic Travelers](#)





# COVID-19 Toolkits

## COVID-19 ONE-STOP RESOURCE SHOP- CDC

- [Toolkit for Shared & Congregate Housing](#)
- [Toolkit for Retirement Communities](#)
- [Toolkit for Older Adults & People at Higher Risk](#)
- [Toolkit for People with Disabilities](#)
- [Toolkit for People Experiencing Homelessness](#)
- [Toolkit for Correctional & Detention Facilities](#)

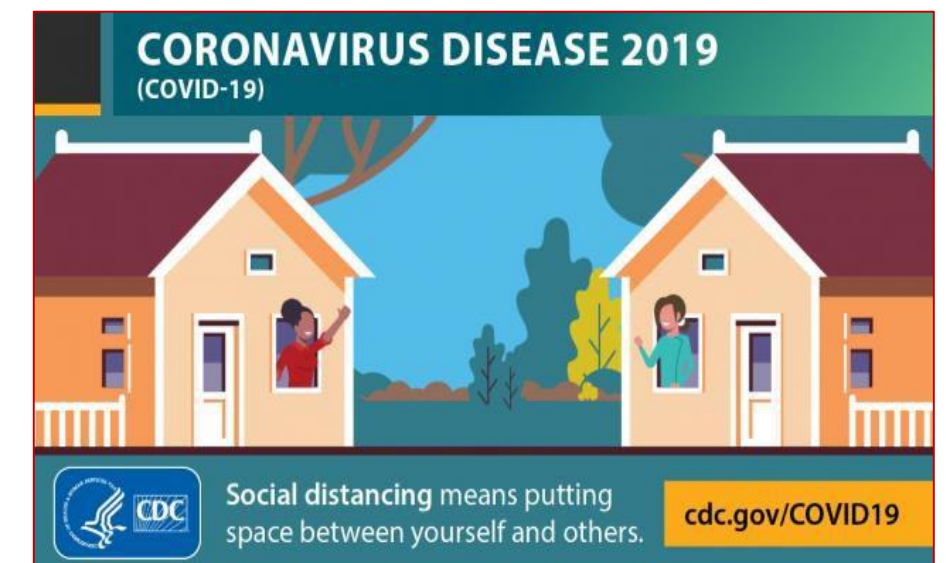
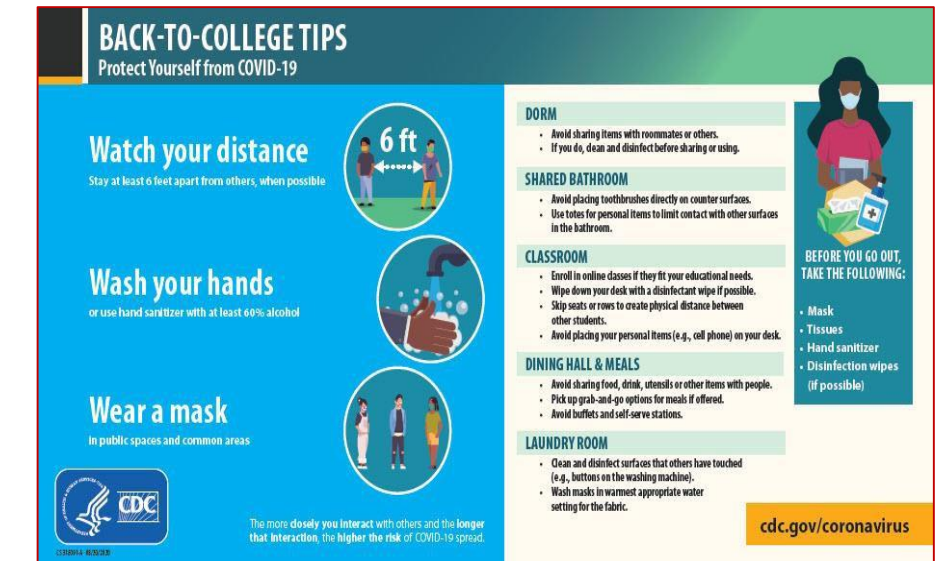




# Communication Resources

## COVID-19 ONE-STOP RESOURCE SHOP- CDC

- [COVID-19 Videos](#)
- [Social Media Toolkit](#)
- [COVID-19 Graphics & Buttons](#)
- [Print Resources](#)
- [Public Service Announcements \(PSAs\)](#)





# Final Thoughts

*Be informed. Let us all do our part.*

*I don't want us to lose another person to COVID-19. Too many people have gotten sick, and some people I know have died from it. Let us be informed and do our part so that we all can live. Wear a mask. Wash your hands. Practice social distancing. If you're sick, stay at home. If everyone does their part, and we work collectively, we can get a handle on this pandemic.*

*Taniesha Richardson-Wiley, MPH, ADH Hometown Health Improvement*





# Contact Us!

ARKANSAS DEPARTMENT OF HEALTH

COVID- 19 Call Center  
**1-800-803-7847**

Email Address  
**[ADH.CoronaVirus@Arkansas.gov](mailto:ADH.CoronaVirus@Arkansas.gov)**

Website  
**<https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>**